WORKSHOP

BEYOND BASIC TRAINING

Easing the Stress of Moving

RELOCATION ASSISTANCE PROGRAM

Moving Made Easy

Welcome

- Introductions
- Nature
- Expectations
- Agenda
- Timing

Objectives

- Understand and practice the skills necessary for independent living and moving in military:
  - Human motivation
  - Self esteem
  - Values and beliefs
  - Goal setting
  - Decision making
  - Effective communication

Maslow's Hierarchy

- Human Motivation

Survival/Psychological Needs

- Air
- Water
- Food
- Sleep

Safety Needs

- Living in a safe area
- Medical insurance
- Job security
- Financial reserves

Social Needs

- Friendship
- Belonging to a group
- Giving and receiving love

Ego/Esteem Needs

- Recognition
- Attention
- Social status
- Accomplishment
- Self-respect

Self Actualization

- Truth
- Justice
- Wisdom
- Meaning

Self Esteem

- Define
- Impact of low self esteem
  - On adults
  - On children

Self Esteem continued

- Techniques for maintaining healthy self esteem
- Characteristics of people with high self esteem

Values

- Define
- Examples of Values
- Seven Valuing Criteria

Goal Setting

- Characteristics of goals
  - Specific
  - Time limits
  - Reasonable and manageable
  - Positive
- Goal setting tips
- Why is goal setting important?

Decision Making

- Define
- Weighing options
  - Information
  - Social pressure
  - Situation

Kinds of Decisions

- Whether
- Which
- Contingent

Components of Decision Making

- Environment
- Quantity
- Streams

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Take charge of your PCS move. **Plan My Move** provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment. Fill in the following information about your move, click "Get Moving" and we will get started. *If your new assignment cannot be found, select a nearby installation.*

Plan My Move gives you the option of storing the entries below plus it allows for creating a custom plan and calendar designed just for you and your family. Begin customization by creating an account. With a custom plan, you don't have to reenter your information each time you return. You just sign-in and get to work!

Where are you currently stationed?

Enter Installation Name or Location above or click here for the installation lookup screen.

Where are you being reassigned?

Enter Installation Name or Location above or click here for the installation lookup screen.

When do you plan to depart? 16-JUL-2010

DD-MON-YYYY (e.g. 01-JAN-2000)

Is this your first move?
(Designed for service and family members moving from advanced training.) YES NO

Do you have a family member with special needs? YES NO

Get Moving

Sign In to Customize Your Move.

Email Address

Password

Sign In »

Forgot Password?

New User? Sign Up now >>

Read this important information first »

[Select a Topic]

Departure: 16-JUL-2010 Calendar: CONUS - OCONUS

Travel Checklist | Arrival Checklist | Documents to Hand-carry | Important Telephone Numbers | Print Your To Do List | Print Calendar

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22 Tell Family About Move -- Discuss With All TIP Contact Relocation Manager TIP	23 Plan Relocation Budget TIP Research New Location TIP	24
25	26 Contact the Origin Transportation Office TIP Apply for Passports and Visas TIP	27 Contact Destination Housing Office	28 Planning Day/Hold Family Meeting -- Find Single and Family Checklists	29 Inventory Personal Property TIP Determine Items for Unaccompanied Baggage and Permanent Storage TIP	30 Research Schools TIP Evaluate Government Housing Options TIP	01

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01
02	03 Research Travel	04 Notify Housing	05 Planning	06 Renters Begin	07 Track Moving	08

Internet 100%

Military INSTALLATIONS

Your official DoD source for installation and state resources available to active duty, guard and reserve service and family members.

Installations • View articles, photos, major unit listings and contacts for programs and services worldwide. If you can't find an international location, try visiting the Department of State country information.

States • View articles and local, state and national resource directories

Get started!

Looking for particular installation or state?

Enter an installation [View a directory of installations]

GO »

Or, enter a state

GO »

Looking for specific program or service?

Select a program or service

ALL

Then, enter an installation [View a directory of installations]

Or, enter your postal code

Within 10 miles

GO »

Are you a service provider looking for a program or service across all installations? Simply select the program or service and then choose any installation or enter any zip code. A downloadable directory for all installations will be available on the results page.

Moving to a new assignment?

Take control of your move. Use our customizable calendar tool to create a unique personal moving plan. The calendar contains to do lists, checklists, phone lists, and links to critical moving information from budget planners to choosing a school.

To begin, select your departure date, departure and destination locations and get moving now!

Plan My Move

Are you a sponsor?

Have you been assigned official sponsorship duties? Log on to the CAC enabled eSponsorship Application Training (eSAT) to get started »

Interested in learning about how to become a sponsor? Learn more about the process »

Military OneSource.com

1-800-342-9647

A 24/7 Resource for
Military Members, Spouses & Families

1.800.342.9647

Call CONUS at
1.800.342.9647

or call OCONUS: GO

SELECT YOUR BRANCH

SELECT YOUR BRANCH

SELECT YOUR BRANCH

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Done

Internet

100%

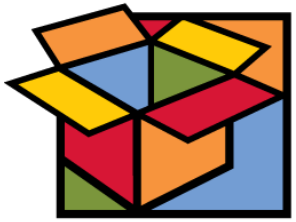
Communication Techniques

- Communicate feelings
- Accepting feelings
- Communicate clearly
- Being assertive
- Removing barriers

Summary and Wrap up

- Review Expectations
- Follow up – Due Outs
- Review Resources
  - Websites
  - Handouts
- Evaluations

RELOCATION ASSISTANCE PROGRAM



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